

PCT/EP03/04030
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29799P WO/MDCGwr

New Claims 1, 5 and 13

1. Matrix with a bioactive component containing phospholipid, characterized in that it consists of 5 to 98 % by weight phosphatidyl serine (PS) and 1 to 90 % by weight phosphatidyl choline (PC) as the bioactive component and in addition 1 to 94 % by weight of at least one other component from the series comprising fat component of vegetable and/or animal origin, wax component, polyalcohol component and other physiologically compatible additives, the other matrix components being selected such that the total matrix is solid or paste-like at room temperature and exhibits the property of shear dilution.
5. Matrix as claimed in one of the claims 1 to 4, characterized in that it contains refined, hydrogenated and/or fractionated fats and in particular those that are rich in omega-3 and/or omega-6 fatty acids such as docosahexaenoic acid, arachidonic acid, eicosapentaenoic acid and conjugated linolenic acid, free fatty acids, in particular omega-3 and omega-6 fatty acids, bee wax, candellila wax, shellac, paraffin, monoglycerides or diglycerides, polyethylene glycol, polysorbate, polyglycerol esters, sugar esters or sorbitan esters, tocopherols and derivatives thereof, tocotrienols and derivatives thereof, polycosanols and derivatives thereof, vitamins such as vitamin C and E also in a derivatized form, amino acids in particular the essential, branched and non-proteinogenic amino acids such as theanine, amino acid derivatives such as creatine, taurine, carnitine, phytosterol and derivatives thereof, (poly)phenolic compounds and derivatives thereof such as catechol, phenolic acids such as gallic acid, hydroxycinnamic acids, coumarins, (iso)flavonoids such as quercetin or genistein, lignans and lignins as well as tannin, saponins,

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mono-, sesqui- and di-terpenes, carotinoids such as beta-carotin, lutein or lycopin, glucosinolates, roughage such as non-starch polysaccharides, extracts of vegetable and/or animal origin, physiologically active proteins such as lactoferrin and glycomacropeptide, glycolipids such as sphingosine or (phyto)sphingomyelin and/or mineral components.

13. Use of the matrix as claimed in one of the claims 1 to 12 to produce a pharmaceutical preparation to strengthen the ability to cope with mental or/and physical stress and functional capacity, to improve well-being, to promote or/and preserve health and to prevent elevated levels of serum cholesterol.

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